



**GOOD LUCK ON FINALS!**

	December 16 Monday	December 17 Tuesday	December 18 Wednesday	December 19 Thursday	December 20 Friday
6:15 AM	Spin 6:15am - 7:00am Brooke	Spin 6:15am - 7:00am Nicole	Spin 6:15am - 7:00am Val	Spin 6:15am - 7:00am Nicole	
7:00 AM	Yoga 7:00am - 8:00am Sophie		Yoga 7:00am - 8:00am Sophie		
7:30 AM					
8:00 AM	Interval Training 8:00-9:00am Jorden		Interval Training 8:00-9:00am Jorden		
9:00 AM					
10:00 AM					
11:00 AM					
12:00 PM	30 Minute Spin 12:00pm - 12:30pm Dani	30 Minute Spin 12:00pm - 12:30pm Brooke	30 Minute Spin 12:00pm - 12:30pm Dani	30 Minute Spin 12:00pm - 12:30pm Brooke	
12:30 PM	ABS 12:30pm - 1:00pm Dani		ABS 12:30pm - 1:00pm Dani		
1:00 PM					
2:00 PM					
3:30 PM					
4:00 PM					
5:00 PM		ABS 5:00pm - 5:30pm Darniece			
5:30 PM	Yoga 5:30pm - 6:30pm Lance	Spin 5:30pm-6:15pm Caitlin	Yoga 5:30pm - 6:30pm Lance		
	30 Minute Spin 5:30pm - 6:00pm Kristen	Yoga 5:30pm - 6:30pm Cat	30 Minute Spin 5:30pm - 6:00pm Kristen		
6:00 PM	Butts & Guts 6:00pm - 6:30pm Darniece		Butts & Guts 6:00pm - 6:30pm Leslie		